



Bangkok Netball League

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VOLUME 1

ISSUE 4

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League News

Southerners Crown Still leading the table. Crown has an excellent centre pass play. Their speed into the goal circle is phenomenal, often leaving the opposition standing, and before they know it Kristina is shooting for goal!

Dublin Shooters, On equal points to Southern and second in the standings only on goal difference are a consistent side, their defense will always grab that opportunity to intercept, especially their Captain Rachael, who utilises that great reach of hers to its full potential

Epicure Currently in 3rd position, and giving everyone a run for their money. Epicure has consistently improved this season, some good centre pass moves allows them to get the ball into the goal area with precision. Their Shooters have netted 498 goals this season ahead of Dublin Shooters with 463.

Don't forget, weekly results are available to view on the Bangkok Netball website.



70's Mania Night

Date: Friday, 11th March

Time: 7.30pm onwards

Place: Dubliner, Sukhumvit Road, 3rd Fl. Reserved

Cost: hb 200 includes light finger food

Tickets: Available at the door

Dress: Join in the fun & wear your best 70's hippie outfit – prizes for best dressed

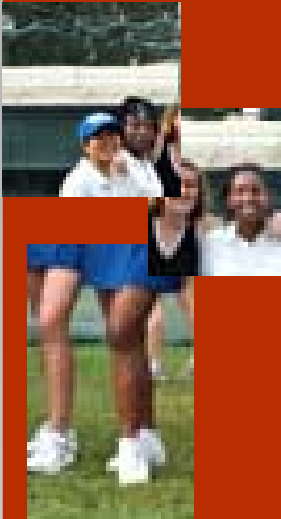
Band: Lee Shamrock

Partners, friends all welcome...

This is an important night to the league as we are inviting all of our sponsors to show them our support ... so please book your tickets now! For more details, contact Carol Frizelle frizelle@loxinfo.co.th



Tournaments



Mix in on 2nd April 2004 9am til 12pm. Venue Bangkok Patana School. For details contact Carol Frizelle frizelle@loxinfo.co.th KL are tentatively exploring the possibility of hosting a small netball

tournament in KL, Malaysia, on the 7th May. If you are interested, please contact Janet Williams janetmwilliams1@yahoo.com by March 20th.

COMMITTEE NEWS

The Bangkok Netball League needs its members to help out on the committee.

If you would like to offer your help, we are currently looking for a sponsorship/ marketing co-ordinator.

If you have ever worked in marketing or would like a new challenge, this role could definitely be added to any future CV!

if you can help out in any other respect. Please contact Sara Martin saramartin@csloxinf.com

League Rules: **Game Times/5 player rule**

A short reminder, there must be a minimum of 5 registered team players at the start of a game. It is the job of the Captain to ensure they have the minimum numbers, otherwise the game will be a

forfeit, and no exceptions can be made.

Please ensure that you arrive 15 minutes before the start of your game.

If your team is unable to play, please ensure that

you have informed the other team, the umpires and scorers approx 2 working days before the game.

Contact details are available from the BNL secretary Sara Martin.



News from our Sponsors

The Dubliner



Monday – BNL Night, "AFTER MATCH MUNCH" free finger food for all BNL players.

Tap Tuesday - A different beer every week - buy 1st beer at regular price and all refills are then 100 baht. Lee Shamrock - fab entertainer on hand all

night!

Wednesday - Ladies night - 50% off all menu items, domestic beer and house pours!!

Friday - Lee Shamrock and free shooters!

Sat & Sun - sports galore and don't forget they open from 9am when you can enjoy The Big Fry - or the mini if you prefer!

WLR Associates – Transpo

Are giving a 10% Discount to all BNL members off their personal medical insurance. For this and all your financial needs, visit www.wlrassociates.com .



Within days of the chaos following the Tsunami catastrophe, Asian Tigers Transpo had mobilised its staff and transportation in order to give assistance to the community of Southern Thailand . The concept of corporate social responsibility is not new to Asian Tigers Transpo. Within the outpouring of public sympathy for the victims of the Tsunami disaster, Asian Tigers Transpo's services were there not only to assist embassies, but also to transport a huge amount of cartons filled with items donated from all over Bangkok to the Thai Red Cross Society, for immediate transportation to the effected areas.



UMPIRING NEWS

UMPIRING TIP No.3 - GET THOSE CALLS RIGHT

Getting the terminology for court and theory is one of the many challenges umpires at all levels face. On court the umpire should state the infringement and the penalty and use the hand signals to clarify decisions. Keep it simple is the key i.e. contact; penalty pass; use hand signal and if the player asks for clarification the umpire may say for example shoulder.



The game

Peripheral Vision

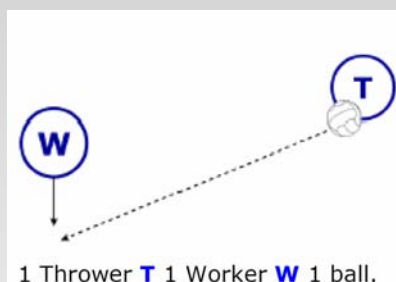
Whether you are a defender or an attacker peripheral vision is vital.

When attacking you need to be able to see at different players leading so you can quickly choose the best option to pass to, without turning your head and looking from one player to the next and the next, in other words, you need to see them all at once.

When defending you need great peripheral vision so you can see the ball and your opponent at the same time.

Limited peripheral vision is, when a player runs with eyes constantly on the ball.

HINT - Keep your head up and look wide,



learn to use a "darting" vision while playing – e.g. eyes darting on the ball and off the ball.

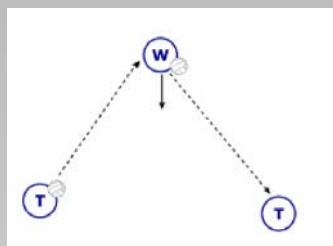
Coaches should try these drills to increase players' peripheral vision.

Key Point for all of these drills – Eyes Forward

The thrower stands side onto, and level with, the worker. The worker faces straight ahead and the thrower passes the ball in front of the worker who catches it.

- Practice receiving the ball from both sides.

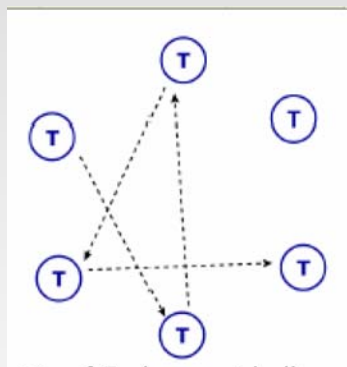
- Vary this drill by having the worker turn and look at the ball as soon as it has been thrown



2 throwers, 1 worker, 2 balls. Three players form a wide triangle. The worker keeps their eyes looking at the space between the throwers and alternately receives a pass from each thrower, and then passes it back

- Progress by having the throwers out wider.

Min of 5 players 1 ball



Min of 5 players form a circle. Players choose someone opposite them to keep their vision on. The ball is passed across the circle to anyone, except the person next to them.

More Next month

When attacking you need to be able to see at different players leading so you can quickly choose the best option to pass to.

Bangkok netball Newsletter is compiled by Janet Williams and formatted by Suelin Billingham. To help us improve the newsletter please tell us what you think of the new layout and pass on your articles or ideas for future editions.